

Curried Chicken Salad and Taste of the Tropics Fruit Bowl

Rating: ★★ ★

Makes: 6 Servings

"I had lunch with my mom at California Pizza Kitchen, and we ordered a Moroccan Chicken Salad. I loved the curry-spiced chicken and the fresh, crisp greens. Later that night I was inspired to create this recipe," says Eleanor. "I wanted to include lots of fruits and veggies, too, because they're good for you, and sometimes sweeter than candy. Accompany your meal with raita, organic salad greens, or crudités, and Taste of the Tropics Fruit Bowl."

Ingredients

For the Curried Chicken Salad:

- 2 tablespoons** ground coriander
- 2 teaspoons** ground cumin
- 2 teaspoons** ground turmeric
- 1 teaspoon** paprika
- 1/2 teaspoon** ground cinnamon
- 1/2 teaspoon** ground ginger
- 2 tablespoons** canola oil
- 1/2 cup** plain Greek-style yogurt
- 1/4 cup** light mayonnaise
- 1 tablespoon** water
- 2 cups** diced cooked chicken
- 1 1/2 cups** cooked quinoa
- 1** red bell pepper, seeded and diced
- 1/2 cup** raisins
- 1/2 cup** toasted slivered almonds
- 2** scallions, chopped
- 1/4 teaspoon** salt
- 6** butter lettuce leaves

For the Garnish:

- 30** grape tomatoes (cut in half)
- 42** baby carrots (cut in half)

For the Taste of the Tropics Fruit Bowl:

- 3** apricots, pitted and diced
- 3** bananas, peeled and sliced
- 6** large strawberries, trimmed and cut into quarters



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	522	
Total Fat	19 g	29%
Protein	27 g	
Carbohydrates	68 g	23%
Dietary Fiber	8 g	32%
Saturated Fat	3.8 g	19%
Sodium	297 mg	12%

MyPlate Food Groups

Fruits	3/4 cup
Vegetables	1/4 cup
Grains	1/2 ounce
Protein Foods	3 ounces

Directions

To make the curried chicken salad:

1. In a small sauté pan over low heat, toast the coriander, cumin, turmeric, paprika, cinnamon, and ginger, stirring frequently, until fragrant. Add the canola oil and stir to create a paste. Remove the pan from the heat and let the spice paste cool.
2. In a large bowl, stir together the spice paste, yogurt, mayonnaise, and water.
3. Add the cooked chicken, cooked quinoa, red bell pepper, raisins, almonds, and scallions and stir to combine. Season with salt.
4. To serve, scoop the chicken salad into lettuce leaves. Each person should have one curried chicken lettuce cup. Garnish each plate with baby carrots and grape tomato halves, shaped into flowers.

To make the Taste of the Tropics fruit bowl:

1. In a medium bowl, stir together the apricots, bananas, and strawberries.
2. Scoop the fruit salad into small bowls and top each with 1 tablespoon yogurt.
3. Garnish with shredded coconut and serve with the curried chicken salad.

Notes

State: Hawaii

Child Name: Eleanor Cowell, 8

Nutrition Information includes both salad and fruit bowl

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook